



Family Readiness Program Newsletter

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From the Editor:

Hope this summer is hot enough for all of you! Seriously, be careful especially with the elderly, young children, and don't forget your pets. Any of you without fans, can call your local Family Assistance Center and we'll put you in touch with a local organization to get you a fan.

June was busy month for us with deployment briefings for the 1744th



TRANS leaving for Iraq in July. (I've enclosed a photo of one of our very own leaving with the 1744th. Becka worked in our State office for awhile until called to duty.) We wish all of them well and will take care of those families any way we can. We have units coming back and are especially happy for those families. Be sure to give us a call if you need anything. We've got some VA Fairs coming up in August so if you've never been to one,

please feel free to attend. Also in August, we have some Strong Bonds seminars scheduled. Major will give the details. We've also got some FRG training scheduled so take a look at that also. All in all, it's going to be a busy couple of months.

Janetta Clemons

Family Assistance Center Liaison

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Coordinator's Corner

As we head into the hot, hazy days of summer, things are also heating up on the Family Program agenda. As you know, we have been busy over the last few weeks with Mobilizations and Reintegration events, and now we have another series of events coming up in August.

First, we will be hosting our next two Regional Family Readiness Group (FRG) training workshops. These workshops will focus on establishing and managing an effective Family Readiness Group, with specific training targeting FRG Leaders, Treasurers, Secretaries, and Communications/ Phone Tree Chairs. We would also like to invite the Family Readiness Liaison (or Rear Detachment Commander) or another representative from each unit.

The next workshop is focused on Central Illinois and is scheduled for 11-12 AUG 06 at the Holiday Inn City Center in Peoria, IL. The following weekend will be our Northern Illinois regional at the Doubletree Hotel Chicago in Wood Dale, IL. Please contact SFC Holdman if you have any questions or need a registration form (Deadline for registrations is 1 August). We look forward to some great training!

Another series of events are the upcoming Strong Bonds weekends, formerly called the Marriage Enrichment retreats. We have four of them coming up:

Aug 18-20 Shelbyville – 232 CSSB, 135 ENG

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Aug 18-20 Urbana – 2-130 INF
Aug 25-27 Collinsville – 2-123 FA, 133 SIG
Aug 25-27 Wood Dale – 2-123 FA, 133 SIG

Although they have been requested to support specific units, we are accepting registrations from all Soldiers and spouses until we fill all the slots. Registration is now online, at www.strongbonds.org (Both the Soldier and Spouse each need to register at the site). Registrations must be in by 1 August.

Finally, we are looking forward to supporting Operation Military Kids youth camp, from 14-18 August. This year's camp will be held at Ingersoll Scout Reservation near London Mills, IL, and includes swimming, fishing, and boating on their lake, activities at the Paul Bunyan and Pioneer areas, and a low-ropes COPE course. We are looking forward to an exciting time!

MAJ Joe Schweickert
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Chaplain's Comments

Not "if" but when "change" comes!

In working with Family Readiness Groups and returning soldiers for this last year, I would like to tell you that things won't change, however, that is not the case. All things change. Sometimes it is for the good and sometimes it is not.

Military families encounter change in various ways. Probably at the top of the list as a reason for change is time. Whether one is apart or together time has its way of changing us. We change from experiencing day-to-day situations or simply because we are getting older. That is not to say it is good or bad but simply that time has a way of changing us.

Then there is change that comes due to external reasons. Our communities change. Laws that govern us change. Trends change.

Then there is the change that really affects us up-front and personal. Our husband, wife, boyfriend, or girlfriend, son or daughter is activated for an extended period of time. During that activation they change, we change, the community changes. Sometimes the relationship is strengthened and sometimes it is really challenged.

Maybe a couple thoughts regarding change could help you along the way. First, give change time to re-adjust. When change comes I see too many reacting too quickly before they allow the dust to settle. Usually it takes six months or more for the drastic change to work through our systems, our families, our lives. Don't rush things that come from change before it has had time to get back to normal. Second, if change is more than can be coped with, get help. Don't wait around until the relationship breaks beyond repair. If the yellow light on the dashboard of the car is on, get it fixed before it breaks down and leaves you on the side of the road. Third, work at change. Every good marriage or good relationship takes work. Don't expect it to simply work itself out because it rarely does. Change is change and we have to learn to make adjustments or concessions along the way for the betterment of all involved. What happens in life is more than just about "me". It's about "us", the family, the extended-family, our friends, or fellow soldiers. So let's work together on this issue called "change".

Chaplain Jerry Gleason
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From the Field:

CHICAGO – NORTH RIVERSIDE

Happy summer to all! Can you believe we're past the 4th of July already? Where is the time going?

Many thanks to Shantell Barnett and Carrie Wojcik for taking over leadership of the FRG for our C205th Medical unit. There had been some problems in getting this FRG off the ground. Interest seemed to dwindle quickly. And it is still quite a challenge to get people to attend meetings. However, please give the FRG another try. Shantell and Carrie are working hard to reach out to you. Please let them know what your FRG can do for you. This is a great time to become active and participate. The closer we get to the unit's return, the more exciting and fun it becomes!

Thanks also to Renee Berens who has stepped up and volunteered to become the FRG leader for the 1244th Transportation Co. Renee taking over will allow Bob Brown, the former FRG leader, to retire. Bob has done a wonderful job leading this FRG for a long time, including through their deployment. We will miss Bob, but somehow, I think he'll still be around if needed!

Some of the soldiers from the 1244th have officially transferred to the 1744th Trans. Co. from Streator. The 1744th left Streator last week to begin their journey to Iraq. The 1244th FRG will also be supporting families of the 1744th that happen to live in this area. So, watch for this FRG to become more active very soon. And as always, please consider volunteering to assist.

The 3625th Maintenance Company is working hard to get their FRG going again. CPT Cease arranged for Family Program Assistant, Fred Lane, to come up from Peoria and brief the soldiers on the program. Fred will also be here to brief the families prior to the picnic. Please plan on attending the brief at 11:00am and then head over to the picnic. You'll receive some good information.

Regional Training will be conducted for our area very soon. It is scheduled for Aug. 18 and 19 at the Doubletree Hotel in Wood Dale. Please sign up if you can attend. See you there.

On a personal note, I would like to wish a very happy retirement to LTC Byron Von Hoff! He will be leaving us next month after 39 years of service. LTC Von Hoff was one of the first people I met and got to know when I started this job down at the Donnelly armory. His friendly smile everyday helped make me feel at ease at a new job and made me feel welcome and a part of the armory family. He was always there to assist if

I needed anything. That even included moving boxes and loading them into my van when my office moved from there to North Riverside!! LTC – thank you so much for your many years of service, for the help and support you've been to me, and for being a part of the team that brought my son home to Volk Field. Enjoy your retirement and your travels with your very tolerant wife!!

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From the Crestwood Armory:

The Deployment Ceremonies that were conducted for Co A 1/178th Infantry in Chicago and 1744th Transportation Company in Streator were outstanding. Co A 1/178th had media coverage from every local TV channel. The ceremony was short and sweet, giving the Soldiers more time to spend with their families. Co A 1/178th left on 5Jul06 for the mobilization station.

1744th Transportations' Deployment ceremony, was one of the best orchestrated event that I had ever seen. It was held in a park couple of blocks from the Streator Armory, the FRG Leader, the unit, had the park all set up with chairs, stage, sound system, the works. The local fire department displayed on a ladder the US Flag, (40 footer). The families started arriving around 0830 hours. Kathy, Anita, Mrs. Lunden (mother of deploying soldier) and I, started tying yellow ribbons that were provided by the USO, around the trees that were in the general area of the park. Everything came together so lovely. Got the opportunity to see Becca (SGT Boyd), before she departed. Spent some quality time with a couple of soldiers (SPC Valerie Young, and a SPC Williams, single soldiers) who were feeling kinda down and lonely, because no family members came up for them. We visited at a little coffee shop, sat, and talked, and I assured them that we are here for them also, your unit FRG Leader and I. Don't think that because you are a single soldier, we don't care about you, **we**





do! I told them that I will be their extended family member, (so I have two new adopted daughters). These were truly a heartfelt event.

My hat goes off to both Karen Hunt and her group (Co A 1/178th FRG) and Beth Hanafine and her group (1744th Transportation Co FRG). By the way, Beth's son was also deployed with the 1744th. These ladies did an outstanding job, even when there were doubts of how successful these events would be, in bringing it all together to make it happen for the Soldiers and their families. Kudos again to the USO and the American Legion, I don't know where we would be without them. Mr. Rod Stiles and his volunteers were on point as always, providing care packages for the Soldiers and the children, drinks and snacks. It is just remarkable, the things that they do to help our Soldiers and their families.

Anna La Mar

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From the Decatur Family Assistance Center:

Hello from the Decatur Family Assistance Center. In July we deployed the 33rd MP out of Bloomington. The unit has had a wonderful outpouring of support from the community. Thank you to the entire community for showing your support of our soldiers and their families. This month we will also be deploying A CO 634th out of Mattoon. Where we will be holding our very first United For Reading event in conjunction with the USO. This is a program where we video the soldiers reading a book to their child. The video and book is then given to the child so they can follow along in the book with their soldier reads to them. What a great way to stay in touch with your child while away.

FRG Leader Spotlight

Shannon Nall - New A CO 634th FRG Leader. Please help me in welcoming Shannon as the new FRG leader. Shannon, her husband Sam, their two boys Bradley (9 ½), Kolby 5, two fish named Scooby Doo and Nemo and a Jack Russell dog named named Bull all live in the same town where Shannon has lived for most of her life. She has an Associates Degree in Child Development and enjoys staying busy (boy, is she in the right business!), swimming, and helping with her children's activities. She is a scout leader for her son's Cub Scout Pack. Shannon has been involved in the units FRG for years but has just recently taken over the leader position. She is off to a wonderful start and the FRG is booming! Keep up the great work Shannon.



Kelly Rund

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From Machesney Park Armory

Have a wonderful month!!!! Let me know of any upcoming events. If you have any questions feel free to contact me.

Local Events:

Aurora had a start up FRG meeting on June 21, 2006. The group plans on having a picnic in August.

333rd MP Freeport: Anyone interested in helping with a new FRG, please contact LT Keel: tony.keel1@us.army.mil

Co D 1-178 Woodstock: Jill Winling at jwinling@Kraft.com and Lisa Guerrero at jfqlag898@sbcglobal.net

244ALT Machesney Park/North West: Cindy Castle, FRG Leader at ccastle@inwave.com Newsletter will be out shortly.

HHC 33D BSTB: Looking for a new FRG Leader. Please contact Kathy Robinson if interested. KitKatt347@aol.com. Had an award ceremony upon returning back from Annual training from FT. Mc Coy. Awards given out at the Machesney Park Armory.



A 2/122 FA Sycamore: Kelly Upton, FRG Leader at upton23@insightbb.com

1644th Trans Rock Falls: Karin Murphy, FRG Leader ckmurphy934@yahoo.com. It is time to plan our summer picnic for August. I was hoping we could meet this coming week on Thursday Evening, July 13, 2006 at 6:30 pm at the American Legion

1-178 IN Elgin: Anyone interested in helping with a new FRG please contact seth.hible@us.army.mil

C/1-131 CAV Aurora: The FRG Leader for Aurora and Waukegan, Howard Reddick at pegnhow@theramp.net, has an office at the Aurora Army National Guard Armory in Aurora. Picnic August 8th TBA

135 CM Co Machesney Park: Amy Bourne, contact info to follow. Amy.Bourne@hewitt.com

B/1-131 CAV Dixon: New leaders at Dixon, and Welcome Anne McNitt anne_mcnitt673@hotmail.com

HHSB 2-123 FA Milan: Angela Snyder at ArmyWife1477@mchsi.com or Katie Coons rkkrt5@yahoo.com

Sue Warneke

Sue.a.warneke@us.army.mil

FROM OUR 182D AIRLIFT WING FAMILY READINESS OFFICE

Greeting's from the 182d Airlift Wing, Peoria.

June started out on a good note with the Operational Readiness Exercise being successful, but it ended on a down note when we deployed members of our Security Forces Squadron. They will be deployed for approximately 12 months.

Besides staying in contact with the Security Forces families, the 182 AW Family Readiness Group has a busy summer and fall planned. With both Air Mobility and Air Combat Commands having inspections, the FRG will be assisting with our Personnel Deployment Function (PDF) Line Exercise in September and the PDF Line Inspection in October. Participation will give them the knowledge to assist with a Mass Deployment whether or not the Wing Family Program Coordinator is available.

The base will be simulating the capability to operate a 24 hr PDF Line, and by October, the FRG will have participated in 5 PDF Line exercises that last 2 days and 12 hrs each shift per day. The days are long, tiring, and very little time for a meal. I appreciate the FRG stepping up to the plate and participating in these exercises.

All FRG Activities are open to members of all services unless otherwise noted. Following is a list of upcoming dates of FRG activities:

22 - 23 July 2006	Peoria Air Show: The FRG information table will be available both days.
23 - 27 July 2006	National Volunteer Conference, Philadelphia, PA
28 July 2006	25th Anniversary Caddyshack Golf Tournament - proceeds to benefit the Illinois Military Family Relief Fund
5 August 2006	182 AW/FRG is hosting their 1 st Youth Mock Deployment. They will have MRE's for dinner at 6 pm. 182 AW/FRG and MWR will be treating the youth to an evening at Splashdown Water Park. Due to the cost, Splashdown activity is open to the youth of the 182d Airlift Wing only.
9 September 2006	The 182d Airlift Wing is starting a class for the Families of our new enlistees. Family Readiness 101 will be from 9 am - 4 pm. The FRG will instruct the families on Finance, Personnel, Education, Legal, and the Family Readiness Office of our base to assist with their transition to the 182 AW.

If anyone is interested in participating or information on the above activities, please contact Amy Quimby at 309-633-5339.

Amy Quimby

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